



FAQs pre district wide closure

What can I do to help prevent getting the COVID-19 virus?

The most important thing you can do is remain calm, prepared, and informed. It also is important to follow standard illness prevention tips. The same steps you take to reduce the spread of flu or other respiratory illnesses are key tools for reducing the spread of coronavirus.

You can help reduce your risk for getting and spreading viral respiratory infections, including the flu and the common cold, by following these simple steps which may also prevent COVID-19. Per Washington State Dept. of Health:

- Frequently wash hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose. Help young children do the same. If hands are visibly dirty, use soap and water to clean hands.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash and clean hands with soap and water or hand sanitizer (if soap and water are not readily available).

Stay informed. Information is changing frequently. Check the Health District's website (www.snohd.org/ncov2019) or follow on social media.

I am concerned about symptoms and possible exposure to Coronavirus. What should I do?

If you are concerned about symptoms or possible exposure, please stay home and contact your healthcare provider. As with all absences, you will need to contact the school and send a note within 30 days of returning to school.

How will I know if my student or I have been exposed?

If test results are positive for coronavirus, the Snohomish Health Department will determine who may have been exposed and communicate directly with anyone who may be affected (or the parent of the student who may be affected).

What am I supposed to do if I think my child is sick?

It is the recommendation of the Snohomish Health District that instead of going to a medical facility, you call your healthcare provider and explain your symptoms. They will give you direction.

Can schools be closed and students engage in remote or online learning?

At this time, the Snohomish Health District does not advise schools be closed and we will not be moving to a remote learning model. Schools serve students and families in capacities beyond instruction, including nutrition services, counseling services, etc., and

closing on short notice presents many regulatory, logistical and equity challenges. We are looking into all of the factors involved in providing equitable education to all students should there come a time when we feel it is necessary to close schools.

Will my student's absence be excused if they need to stay home related to Coronavirus safety concerns?

Yes, your student's absence will be excused because of your Coronavirus safety concerns. As with every absence, you will need to contact the school and send a note within 30 days of returning to school.

If your student's teacher uses their website to post classroom assignments, please check there first, or if you need more information, please contact them directly and they will communicate with you individually about classroom assignments to allow your student to stay engaged while they are physically out.

Your student may also keep up in school by using existing learning tools they have been using at school this year. For example, elementary students have been using i-Ready, Prodigy and Khan Academy and secondary students have been using Google Classroom, Teacher Website, OpenUp Math and Canvas. You can find various instructional tools on our web site. If you have any questions about online educational resources you can contact the LMS (Learning Management Services) team at LMS@everettsd.org.

How is the disinfecting being handled at our schools?

Our maintenance department have cleaning practices and have developed an action plan that takes students and staff into consideration.

1. Custodians have been instructed to make cleaning touchpoints a high priority.
 - Door handles, crash bars, doorknobs, entry windows, office counters and surfaces, handrails, sinks and drinking fountains, dispensers, anything else that is handled frequently by multiple people.
2. Custodians are verifying each classroom is equipped with a cleaner for wiping down surfaces such as desks and tables. Custodians will restock classrooms who are out or low on cleaner.
3. Additional gloves and cleaning products have been stocked.
4. Hand sanitizing stations have been ordered for each cafeteria and other frequently visited locations such as school offices.

Additionally, following health department guidance, nutrition services is changing out salad bar utensils, sanitizing the keypad and wiping down condiments after each lunch. One important piece of information is understanding the difference between Cleaning (removes dirt and most germs, think "soap and water"), Sanitizing (reduces germs to safe levels, for example in food service environments and should only be done by staff)

and Disinfecting (kills most germs per given directions and should only be done by custodial staff with proper personal protective equipment).

Please keep in mind, students should never use disinfectants. Disinfectant wipes should not be used to clean hands. This includes Clorox (bleach) wipes.

The Snohomish Health District just came out with a recommendation to not gather in groups of more than 50. How is the district handling this?

The Snohomish Health District and Washington State Department of Health have recommended avoiding gatherings of 50 or more people in order to reduce your risk of contracting the coronavirus. Following the Snohomish Health District recommendation on social distancing to help prevent the spread of the coronavirus, we are cancelling field trips and school assemblies.

All restrictions and cancellations will start Monday, March 9 (to the extent possible) through at least Monday, March 16. We will re-evaluate next week and communicate every Friday for field trips, assemblies, and other affected events scheduled for the following week. Please contact your school for specific questions about your school's activities.

If you are cancelling events, why are you still having school?

We are following the recommendations of the Snohomish Health District, who currently is recommending limiting public events, but is supporting keeping our students in school.

What should I do if my student, or another family member, has an underlying health issue making them more vulnerable?

The Snohomish Health District offers [guidance for persons who are at higher risk for serious illness](#). This is a team effort and we depend on our school families to continue the same steps they currently use when protecting themselves from any illness. Schools will work with families, as they always have, when students are not able to attend school because of health issues.

I've read in most cases people who contract the COVID-19 virus have mild symptoms and take care of themselves as they would with any flu, is this true?

Per [Washington State Department of Health](#):

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions. Always check with your healthcare provider.

How can I explain this virus to my children?

It can be scary to hear about a disease outbreak, but learning the facts can help ease you and your child's mind.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety. --The National Association of School Psychologists
See Resources for many easy to understand tools created for parents to help explain COVID-19 in a practical manner.

Who can I call for more information?

Washington State Department of Health

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, how the virus is spread, and what to do if you have symptoms, please call 1-800-525-0127 and press #. **Note: The DOH coronavirus hotline (1-800-525-0127, press #) is experiencing high traffic and may be temporarily unavailable.**